

MAIN MENU from 11am

CHOOSE THE RIGHT DISH FOR YOU • (V) - Vegetarian • (NG) - No gluten-containing ingredients

LIGHT BITES

SOUP OF THE DAY
with bloomer bread 5.25

THREE EGG OMELETTE
Any two fillings and avocado salad 6.75

Tomato (V) (NG) Cheese (V) (NG)
Chicken breast (NG) Mushrooms (V) (NG)
Red onion (V) (NG) Bacon (NG)
Broccoli (V) or Sausage

FLAT BREADS

*Thin and crispy
wholemeal flatbreads.*

SPICY CHICKEN
with red onion and mozzarella 6.25

GOAT'S CHEESE
with sundried tomatoes
and salsa verde 5.75 (V)

HANDS ON

LOBSTER AND AVOCADO TACOS
with tomato salsa and
cilantro lime mayonnaise 12.50

CLUB SANDWICH
Chicken breast, bacon, boiled egg,
tomato and mayonnaise 8.25

GRILLS AND FAVOURITES

AGED 8OZ SIRLOIN STEAK AND SKIN-ON FRIES with béarnaise sauce, tomato and mixed leaf salad 17.50

SKIN-ON CHICKEN BREAST with sweet potato, kale and chicken jus 12.95

HAM, TWO FREE RANGE FRIED EGGS AND SKIN-ON FRIES 7.95

SALMON FILLET with Moroccan couscous and mixed leaf salad 13.50

SALADS

SUPERFOOD
Poached salmon or grilled chicken,
mixed leaf salad, broccoli, spring onions
and cashew nuts with lemon
and chive dressing 11.95

STEAK AND STILTON
with mixed leaf salad, roasted
red onion, cherry tomatoes
and balsamic dressing 12.45

GRILLED CHICKEN CAESAR
with mixed leaf salad, Parmesan,
Caesar dressing and croutons 11.75

WARM BEETROOT AND GOAT'S CHEESE
with mixed leaf salad, roasted red onion,
walnuts, pumpkin seeds
and balsamic dressing 8.95 (V)

BURGERS

*Served in a toasted sourdough bun
with skin-on fries and mixed leaf salad.*

BEEF
with tomato, red onion
and burger sauce 10.25

GRILLED CHICKEN BREAST
with bacon, tomato, red onion,
Caesar dressing and Parmesan 10.25

LAMB
with tomato, red onion
and houmous 10.25

*If you prefer your burger without
the bun, we will gladly replace it
with half a roasted red pepper
and a flat mushroom - just ask!*

PASTA AND NOODLES

LAMB MEATBALLS
in a tomato sauce, with wholemeal
pasta and Parmesan 8.95

ASIAN NOODLES
in a light broth with spring onions,
broccoli, peppers, carrots and
a hard boiled egg 8.50 (V)
with chicken breast 9.75

PESTO PENNE PASTA
with broccoli, spinach
and cherry tomatoes 8.25 (V)

*Swap skin-on fries for mixed vegetables
with any main course.*

SIDES

All 3.00
Mixed leaf salad (V) (NG)
Khobez flatbread (V)
Skin-on fries (V) (NG)
Sweet potato fries (V)
Sweet potato mash (V) (NG)
Mixed vegetables (V)



DESSERTS

WARM CHOCOLATE BROWNIE
with vanilla ice cream 4.50 (V)

ICE CREAM
vanilla, strawberry
or chocolate 4.50 (V) (NG)

FRESH FRUIT SALAD 5.25 (V) (NG)

BREAKFAST MENU until noon

LIGHT

WHOLEMEAL OR WHITE TOAST
with preserves 2.25 (V)

TOPPED PORRIDGE
with raspberry and pomegranate
compote and sunflower seeds 2.95 (V)

BIRCHER MUESLI
Oats, yoghurt, dried fruit
and nuts with a raspberry and
pomegranate compote 3.25 (V)

GREEK YOGHURT
with strawberries,
nuts and honey 5.75 (V)

FRESH FRUIT SALAD 5.25 (V) (NG)

BREAKFAST ROLLS
A soft wholemeal roll
with sausage or bacon 4.25
Add a poached or fried egg 1.20

EGGS

EGGS ON TOAST
Toasted wholemeal or white bloomer
bread with two free range poached
or scrambled eggs 4.25 (V)

**EGGS BENEDICT,
FLORENTINE OR ROYALE**
Two free range poached eggs
on a toasted English muffin with
either ham, spinach or smoked
salmon and hollandaise 7.50

THREE EGG OMELETTE
Any two fillings
and avocado salad 6.75

Tomato (V) (NG) Cheese (V) (NG)
Chicken breast (NG) Mushrooms (V) (NG)
Red onion (V) (NG) Bacon (NG)
Broccoli (V) or Sausage

Egg white omelette
available on request.

CLASSIC

CLUB BREAKFAST*
Two free range poached eggs,
bacon, sausages, tomato, mushroom
and baked beans 8.75

VEGETARIAN CLUB BREAKFAST*
Two free range poached eggs,
vegetarian sausages, tomato, mushroom,
spinach and baked beans 8.25 (V)

WARM PANCAKES
with blueberries, banana
and maple syrup 5.50 (V)

with bacon, hazelnuts
and maple syrup 5.50

**Add toasted wholemeal
or white bloomer bread on us.
Gluten free bread available too, just ask!*

HARBOUR SIGNATURES

LOBSTER BENEDICT Two free range poached eggs on a toasted English muffin with a lobster tail and hollandaise 12.50

AGED 4OZ SIRLOIN STEAK with two free range poached eggs and tomato 9.95 (NG)

SMOKED SALMON AND SCRAMBLED EGGS* with avocado salad 7.50 (NG)

~ KIDS MENU ~

Breakfast from 8am • Mains and desserts from 11am

Breakfast

POACHED EGG AND SOLDIERS
2.85 (V)

WARM PANCAKES
with banana and
chocolate sauce 3.00 (V)

FRESH FRUIT SALAD 2.50 (V) (NG)

Light Bites

BAKED JACKET POTATO
with mixed leaf salad.
1 Topping 3.25 or 2 Toppings 3.95
Tuna (NG) Shredded chicken (NG) Baked
beans (V) (NG) or Grated cheddar (V) (NG)

SANDWICHES
served on wholemeal
or white bloomer with crisps
and mixed leaf salad 3.75
Ham, Chicken, Cheese or Egg

Favourites

**GRILLED CHICKEN BREAST OR
POACHED SALMON FILLET**
with baked potato, broccoli
and carrots 5.50

**LEMON SOLE OR
CHICKEN BREAST GOUJONS**
with skin-on fries, broccoli
and carrots 5.50

LAMB MEATBALLS
with wholemeal pasta
in tomato sauce with broccoli
and carrots on the side 4.95

PORK SAUSAGES AND SKIN-ON FRIES
with baked beans 4.75
Vegetarian sausages available 4.25 (V)

BEEF BURGER
with skin-on fries and salad 5.50

CHICKEN BREAST BURGER
with skin-on fries and salad 5.50

Pizza and Pasta

CHEESE AND TOMATO PIZZA
3.50 (V)

PESTO PENNE PASTA
with broccoli, spinach
and cherry tomatoes 4.50 (V)

MACARONI CHEESE
with broccoli and carrots
on the side 3.95 (V)

Desserts

WARM CHOCOLATE BROWNIE
with vanilla ice cream 2.50 (V)

ICE CREAM
vanilla, strawberry
or chocolate 2.50 (V) (NG)

FRESH FRUIT SALAD
2.50 (V) (NG)

Swap skin-on fries for fresh vegetables on any kids main course.